

"All Stressed Up and No One to Choke"



Karen Vadino, MSW, LPCC, OCPSII

4661 Logangate Rd. • Youngstown, OH 44505

Phone (330)759-7024 • Fax (330)759-7095

Email: ksvadino@sbcglobal.net

All Stressed Up and No One To Choke

Stress is: Learned
 Unavoidable
 Necessary
 Not always negative
 Manageable

Stressor: Thoughts and Beliefs about Stressor – Response – Relax

↓ Types	↓ rational irrational rationalization	↓ feelings behavior
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- ◆ Most often a reaction to CHANGE -- we PERCEIVE we cannot cope
- ◆ Change represents a challenge – we must react – then relax.
We are so anxious to relax, we sometimes react in haste. Usually we react inadequately or inappropriately which results in feelings of HELPLESSNESS.
- ◆ Change is good for the soul, but it can be hell on the head and stomach.
- ◆ Stress can interfere with routines. If constant or ongoing it can cause anxiety, depression, and physical illness.
- ◆ Pressure from outside causing tension inside.
- ◆ Perceived inability to adequately cope with a particular demand.
- ◆ Adaptive response in which the body prepares or adjusts to a threatening situation.

STAGES OF STRESS:

ALARM: recognize stressor, prepare for fight or flight

RESISTANCE: repairs damage or remains alert

EXHAUSTION: continued alert, distress/disease, run out of energy

INDIVIDUAL BURN-OUT: IT'S SYMPTOMS AND REMEDIES

SYMPTOMS

Blaming others
Lots of complaining
Low energy
Boredom
Physical illness
Not seeing friends
Priorities out of whack
Feeling overwhelmed
Nonchemical speeding
Denial of burn-out
Trouble sleeping

Feeling trapped
Fatigue
Short fuse
Chemical use
Decreased creativity
Nonproductivity, while busy
Inability to focus
Emotionally/physically down
Don't feel effective
Lack of enthusiasm

REMEDIES

Ask for help
Look at your priorities
Choose to become burned out,
and set a deadline point
Get in touch with your support
group fast and start to get
beyond your own resistance
Take a week off
Do things that give you energy
Take a mental health break
Meditate

Check out your balance among
alone time/ social time/ family
time/work time
Have a retreat for fun
Take a leave of absence
Ask for feedback about your
use of chemicals.
Tell people you are feeling
burned out and going to take
a "sabbatical."
Sleep

ORGANIZATIONAL BURN-OUT: ITS SYMPTOMS AND REMEDIES

SYMPTOMS

Nonproductive, nervous

Energy on tasks
Little energy on maintenance
Blaming "outside" forces

One person exhibits the
symptoms
of everyone else
Nonproductive meetings
Individuals start to ask for some
Relief.

REMEDIES

Ask for help from one another
Ask for help from an outsider
Have a fun retreat
Close down until the group
Feels capable of reopening

Build in more "downtime"
no late night meetings
no meal time meetings
Recognize that you all will
lose unless you get a hold
Recognize that the situation
is a systemic and needs a
major intervention

How to Get A Handle on Stress

- 😊 Find your own Natural Stress Level
- 😊 Collect Good Will, Love and Support from Friends
- 😊 Respect yourself and others – Be Your Own Person
- 😊 Change your routine – Add Variety!
- 😊 Check Your Attitude – Get off your own case!
- 😊 Take Care of Yourself – Exercise – Rest – Eat Healthy